



THE RILEY BUGLE CALL

**Community Action Council
March 15, 2006 9:30am
Riley's Conference Center**

**Welcome – Introductory Remarks
COL Thomas T. Smith
Garrison Commander, Fort Riley, Kansas**

**Presentations
Sexual Assault Awareness Month**

Announcements

Irwin Army Community Hospital (IACH)

- **Caldwell Clinic Opening:** At present we project the Family Practice Clinic to open in April, providing its patients with a family environment, concentrating on continuity of care. Patients will continue with the same provider group, with the benefit being the move to a new location, Bldg 7665 (located on the hill). The twenty-six patient rooms and seven providers with support staff will attend over 8,000 patients with treatment rooms, lab specimens and minor surgical procedures on site. Once the transition is made, patients preferring to continue appointments within IACH, or those who are not initially assigned to the Caldwell Clinic, will be afforded the opportunity to change sites as space is available. Medical records will be maintained on site for patient's convenience. Letters explaining the details of the move and availability of services will be mailed shortly to those fortunate patients affected by the move.
- **Pharmacy:**
 - Effective in February, Irwin Army Community Hospital (IACH) Pharmacy Service, per Department of Defense (DoD) directive, deleted Norvasc® (Amlodipine), Flomax® (Tamsulosin), Accupril® (Quinapril) and Altace® (Ramipril). The DoD designated non-formulary medication requires the provider to complete a medical necessity form. Provider can access this form at www.tricare.osd.mil/pharmacy/medical-nonformulary/cfm. Non-formulary medications will cost \$22.00 at local civilian pharmacy or through the TRICARE Mail Order Program (TMOP) without provider's medical necessity form. Active refills, up to a maximum of a 90-day supply following contact with providers for a new replacement prescription will be issued. All remaining refills will be cancelled. For patients visiting a civilian provider or those utilizing the TMOP options are available. Questions or concerns should be directed to the Pharmacy by calling (785) 239-7411.
 - Pharmacy Service is stream-lining our present prescription process. Starting 1 March 2006 Pharmacy Service will have only three categories to choose:

Category A = New Prescriptions (to include Self Care)

Category B = Refills (to include refill questions and drop offs)

Category C = Active Duty in Uniform (to include if picking-up meds for dependents), RX Cards (discharge patients). Pharmacy Staff members are aware of the increased wait times due to the influx of soldiers and their family members. Over the next 90-120 days the Outpatient Windows will grow to at least 6 windows. Wait times are not expected to decrease significantly while we make the transitions. So unfortunately we ask that you plan for at a minimum a 30 minute wait. Currently the time of the day when wait times are usually less than 30 minutes is prior to 9:15am daily. Please use the automated telephone refill system for your refills. The number remains 785 239-7427.

- **Nurse Advice Line:** Effective February 1, 2006 Irwin Army Community Hospital's Nurse Advice Line hours changed as follows: Monday – Friday, 7:30am–7:30pm; Weekends and Federal Holidays, 9:00am–5:00pm. For advice or health information call 239-DOCS (3627) or 1-888-239-DOCS (3627), Option 2. This service, not to be confused with the Tricare Health Information Line, provides military beneficiaries with health care advice. The Advice Line is staffed by Registered Nurses, who assess symptoms and, utilizing the triage guidelines that have been approved by medical staff at IACH, determine if and when you need to see a provider. If the Advice Nurse determines that you need to be seen, she will schedule the appointment for you. The Advice Nurses also provide health information regarding diseases, medical procedures, medication usage and side effects, and give care advice for managing an illness or problem at home. Questions regarding concerns during pregnancy will be directed to an Advice Nurse in the OB clinic.
- **Optometry Appointments:** Optometry appointments are currently available for active duty dependents and retirees and their dependents. Call 239-DOCS (3627) to make an appointment.
- **Preventive Medicine:** A variety of services/classes are available:
 - Tobacco Cessation Classes – a series of 4 classes offered each month.
 - Selfcare Classes – offered the 1st and 3rd Tuesday of the month from 10:00-11:00am. Classes are also offered to units or groups upon request.
 - Child Health Assessments for CYS programs. Children must be registered in CYS programs and be at least 2 years or older.
 - Health Promotion and Wellness/Healthy Lifestyle classes offered to units upon request.
 - STD/HIV classes offered to units upon request.
 - Heat Injury (May-Aug) and Cold Injury (Oct-Feb) classes every Tuesday at 9:00am in Preventive Medicine conference room.
 - Classes are also available to units upon request.
 - -Field Hygiene classes upon request.
 - -Food Handler's classes – 1st and 2nd Wednesday of the month at 9:30am and upon request.
 - For information or to enroll in a class or schedule an appointment please call Community Health Nursing at 239-7323.
- **AHLTA:** This new automated medical records system will allow provider to have a patient's entire updated health history available at every visit. Current medical records, while being maintained at the hospital, will not be scanned into AHLTA, but all inputted medical documentation after implementation of AHLTA will always be available. This means that if you are seen elsewhere, to include a Naval Hospital or Air Force Clinic,

your lab results, diagnostic study results (like x-rays), ordered medications and inputted clinical notes will be available to your primary care manager (provider).

- Staff training has begun and will continue through March with proficiency expected by mid-May. This is a great program once up and running. Advantages are: every visit will be instantly recorded in a patient's electronic record; all laboratory, radiology and pharmacy orders will be sent immediately to the appropriate department and test results permanently recorded in a patient's record; patients will never need to worry about a medical record being lost again; the record will be available at any military medical treatment facility worldwide; the record will always be up to date and legible; the system will alert a patient's provider about possible allergies and prescribed medication interactions. Access to care will face some limitations, and your patience is appreciated during this transition. No one will go unseen. Should it be necessary Irwin's appointment clerks will refer patients to civilian healthcare providers to assure all will be seen.
- **"AHLTA trifolds distributed via the mail and those circulated throughout post are incorrect in the hours of operation for IACH's Nurse Advice Line. The actual hours are as follows: 7:30am-7:30pm Monday – Friday; 9:00am-5:00pm, Saturday, Sunday and federal holidays.**

Fort Riley Dental Activity (DENTAC)

- **Oral Health Initiative (OHI):** The OHI Program is underway! Dental Fitness Classification 1 is the goal of this Department of Defense funded program. The Fort Riley DENTAC and local private sector dentists will team up together to ensure that all the routine dental needs are taken care of for many of Fort Riley's Soldiers. This is a no-cost voluntary program for the Soldier. Qualified Soldiers may receive dental care with the same private sector dentist that their family members see or any participating dentist in local area. Note: The DENTAC must initiate all referrals otherwise the Soldier will incur the monetary responsibility for fees. Referrals are easy. Stop by your dental clinic today to see if you qualify for the OHI Program!
- **Dental Appointments:** Deploying Soldiers: We strongly encourage all deploying Soldiers to get their dental appointments as soon as possible. Furthermore, it is imperative that all deploying Soldiers tell the Appointment Desk Staff that they are deploying so that we can ensure a timely and properly sequenced dental appointments to meet their dental readiness needs.
- **Routine Dental Care:** We are still providing routine dental care for all Soldiers. In most cases, dental appointments for routine procedures are available within a couple of days to a couple of weeks. It is best to check often as military missions and training cause many Soldiers to cancel their appointments on short notice which then makes these appointments available to others.
- **Failed Dental Appointments are costly mistakes.** Please call and cancel or reschedule your dental appointment as soon as you determine that you cannot make your scheduled dental appointment. This will allow us to give that appointment time to another Soldier. This will reduce our operating costs (think tax dollars) and take care of more Soldiers. Your dental clinic phone number is listed below.
- **Commitment:** We are committed to do all that is humanely possible to take care of Soldiers dental needs. Don't wait for the last minute. Be proactive and help us help you by making an appointment with your dentist today.

Directorate of Morale, Welfare, and Recreation (DMWR)

Business Operations

- **Custer Hill Golf Course Bldg. 5202 Normandy (785) 784-6000 –**
 - Memberships are selling during the month of March. The new season begins on 1 April and extends through 31 March 2007. Memberships allow golfers to sign in and pay nothing for their green fees. It covers green fees for the individual with membership for the entire 365 days. You will still have to pay for other items, like golf carts, merchandise, range balls etc.
 - Memberships for the coming year April 1–March 31, 2007 are as follows:
 - E1-E4 \$250.00
 - E5-E9 \$325.00
 - All others \$385.00
 - \$100.00 additional for family
 - **Tournaments:** The first event of the year is the Membership Drive Tournament on Saturday, March 18th. Call the golf course to sign up. The format is team play but based upon “two best balls of the group”. The entry fee covers the round of golf, 2 golf carts per team, prizes, gift certificates, and light hors d'oeuvres when finished. Sign up at the golf course or call 784-6000 to get on the list.
 - **OPERATING HOURS:**
Monday- Closed
Tuesday – Friday – 8:00am – dusk
Saturday and Sunday – 8:00am – dusk
- **Riley's Convention Center, 446 Seitz Drive, (785-784-1000) or 239-0513 –**
 - Riley's Convention Center is a beautiful facility to hold your next meeting or conference. Riley's provides catering for buffets for groups with less than 200 persons. For larger groups, there is a list of caterers who can cater for your occasion. Riley's offers competitive pricing for both official and unofficial events. Ask about our meeting/conference lunch packages. It only takes a call to arrange your event. The telephone number is 784-1000. Stop by and visit the Center, you will be pleased with our facility and staff.
 - Lunch is Served - If you have not tried our lunch program, come over to Riley's from 11:30am-1:30pm for lunch. We are offering a simple two entry buffet Monday through Friday. Price for full meal is \$6.50, and Soup and Salad for \$4.50. Please consider us for your lunch during the week.
 - Easter Egg Brunch and Hunt held at Riley's Conference Center.
 - Date: April 16th
 - Time: Brunch 11:00am -1:30pm
 - Games and activities starting at 1:30pm
 - Cost: Brunch: Adults (17& up) \$17.95 children (3-17) \$7.50 children (under 3) Free
 - Egg Hunt and activities: **Free**
 - You do not need to participate in one to enjoy the other. Riley's brunch will consist on Honey Glazed Ham, Carved steamship round of Beef Au Jus, Fried Chicken, Scrambled Eggs, Biscuits& Gravy, Mashed Potatoes, Green Beans Almandine, Macaroni and Cheese, Dinner Rolls, Salad Bar and Assorted Deserts.
 - There will be games and activities including egg races, inflatables, egg hunts, and a visit from the Easter Bunny. Egg races will be divided up into three age groups with prizes in each group. 3-5 year olds at 2:00pm, 6-8

year olds at 2:30pm, and 9-12 year olds at 3:00pm. There will be Easter treats available for all ages.

- **Custer Hill Lanes Bldg. 7485 Normandy (785) 239-4366**

- Custer Hill Bowling Center offers 40 lanes of the best bowling in the area. Every night there is a special from red pin bowling on Thursday to extreme bowling on Friday, Saturday and Sunday. On Saturday afternoon you can bowl and enjoy a combo meal for \$8.00.
- The youth bowling camp is being offered during the week of spring break. Sign up and enjoy a week of bowling instructions and a lunch meal.
- This summer we will offer summer leagues of mixed, women, and men bowling. If you are interested stop by the center and talk to the manager.
- The Strike Zone Grill still has the best hamburger on the hill. Stop by after work and enjoy a meal while you bowl.
- The pub is also open. Stop by and enjoy a quiet relaxing evening.
- Remember that we plan and execute the best birthday party on post. Stop by and enjoy everything from bowling to a pizza.
- If you are looking for a place to have a unit function, contact the center.

- **Information, Ticketing & Registration (ITR)**

- Colorado Ski Packages – Military discounts available for Colorado lift tickets. Looking for that perfect Colorado experience? Look no further than Winter Park, a haven for skiers and snowboarder's hungry for great terrain and the deepest powder of any major ski resort. When it comes to snowfall, nobody gets more than Winter Park. Can anything top our snow? Probably not, but our lodging and lift ticket packages make Winter Park more affordable than ever.
- Cruises & All-Inclusive Resorts – Dollar for vacation dollar, you get more for your money on a cruise or all-inclusive vacation because one price covers virtually everything. Stop by ITR and let us assist you in planning your next vacation at discount prices.
- Carnival Cruise Line – Dollar for vacation dollar, you get more for your money on a "Fun Ship" cruise vacation. Because one price covers virtually everything. Superb meals that would cost a fortune at most restaurants. Shipboard activities that is always fun and often hilarious. A wide variety of live entertainment, including Las Vegas-style spectacles, use of the complete Nautical Gym and the supervised activities of the Camp Carnival children's program. Even the 24-hour stateroom service is complimentary. Plus, you'll have a spacious stateroom where you can savor the sheer joy of unpacking only once. In addition to all this, you'll get to sail to exciting destinations while you dine or dance or dream the night away.
- Planning a Welcome Home Get-a-Way??? Check with ITR for military discounts to numerous destinations. Discounts are available for Disney, Universal, Six Flags and many more. Let ITR assist you in your travel plans.
- Leisure Commercial Travel – Booking travel via the internet is becoming the fastest growing way for people to travel. There are a whole host of resources available to help you find the lowest fare. For more information call ITR.
- DMWR Rental Coach Bus – The 21 passenger bus is available for Command and unit official functions, Hail & Farewells, Family Readiness Groups, church activities, military retirees, and Fort Riley private organizations. Call ITR for cost and availability.
- KCI Roadrunner – KC's International Airport service provides door-to-door service. Military discounts available. Make your reservations at ITR and the commission will be paid back to MWR fund.

- Armed Forces Vacation Club - AFVC is a Space available program that offers condominium vacations at resorts around the world for only \$299 per unit per week. Installation MWR programs receive a payment for each condo rented. You need to provide Ft Riley's Installation #94 when you make a reservation. Check out our Department of the Army Leisure Travel website at www.offdutytravel.com to reserve a condo and find out about other great travel deals.
- Here's to the Heroes is valid for one complimentary single-day admission per person to the one of the Anheuser-Busch Parks. Complimentary admission for active duty military representing all five service branches, active members of a reserve or National Guard unit, and/or up to three direct dependents. Offer valid through Dec 31. On line application form available at www.herosalute.com.
- Discount movie tickets are available through ITR for Seth Childs Cinema. Tickets are not movie specific and have an expiration date of December 2006. Great gift idea!!
- FAX Service is available through ITR. Cost is \$1.00 per page.
- ITR is located at Bldg. 6918 Trooper Drive, across from the Post Exchange. Hours are Monday-Friday from 10:00am-5:00pm. Call 785-239-5614 or 785-239-4415 for further information.

Community Recreation

- **Automotive Skills Center Bldg. 7753 (785) 239-9764/4028**

Wednesday –Friday 1:00-9:00pm & Saturday-Sunday 9:00am-5:00pm

- Master Mechanic Months March and April 2006. Bring your master mechanic to work with you. Your young mechanic can learn a skill and knowledge of automotive repairs by working along with you. All 6-14 year olds must be accompanied by an adult.
- We offer a **Free** twenty-five-point automotive vehicle check for family members of deployed soldiers. Verification of soldier or unit deployment, ID card and vehicle registration or title is required.
- While the soldiers are deployed, it is time to learn more about the vehicle you are driving. Why not take advantage of the free basic automotive repair class? The class is scheduled every Thursday from 6:00 7:00pm. Basic automotive repairs first and third Thursday of each month, advance automotive repairs second and forth Thursday of each month. Call for more details.
- Introduction to Basic & Advance Auto Mechanics Fundamentals
 - Class Room Training:
 - Hand Tools & Equipment , qualification card 3031, Safety in the work place
 - Basic Auto Repairs: Oil & Air Filters, Tire rotation, and Vehicle inspections
 - Advance Auto Repairs: Brake system, Brakes Fundamental's, suspension system Battery Maintenance, coolant system and on Hands Vehicle Maintenance.
 - Summary: Shop talk & questions
- Maintenance Tips:
 - Have your vehicle inspected every twelve months as required by most states and military Jurisdiction.
 - Regular routine maintenance should also be performed. You can handle many of the routine items yourself and discover early symptoms of what may become major problems
 - The driver should be familiar with the different systems of the vehicle and know what to do to keep the vehicle in good working condition
 - You don't have to be a pro to learn or take our free automotive classes

- Front-end Alignment and AC service available on a first come basis.
- **Our facility offers:**
 - Open bays with a complete tool set and roll around bench for customer use
 - 15-Suspension lifts bays
 - 1-12,000lb lift bay for older vehicles that supports the vehicle's tires
 - Trained mechanics available for assistance and advice
 - Complete tool room
 - Auto parts store located in facility
 - Mitchell on-demand technical information available on DVD
 - Body shop providing expert advice and instructions
 - Paint booth with drive through capability
 - State of the art engine rebuild and Machine shop
 - 8-bay car wash with power washers and vacuum cleaners
 - Inline fuel filter removal bay
- **Our Services Include:**
 - Overnight Parking
 - Tire Mounting, Balancing and Repair
 - Engine Computer Monitor
 - Air Conditioning Service
 - Brake Drums and Rotors Turned
 - Hydraulic Press
 - Welding Services
 - Flywheel Grinding
 - McPherson Strut Replacement
 - Broken Bolt Removal
 - Pack Wheel Bearings
 - Engine Rebuilding Services
 - Battery Recharging
 - Ball Joint Removal/Installation
 - Fuel Injector Cleaning
 - Valve Grinding and Knurling
- **Automotive Car Wash** Bldg #7756, Fort Riley, Kansas next door to the Automotive Skills Center
 - **Open 24-7**
 - 8 Bay Car Wash, Wax and Drying area
 - Provides the best value in the area
- **Outdoor Recreation Center (ODR), Bldg 9011 (785)239-2363/6368**
 Hours of Operation Tuesday through Friday, 9:00am-5:00pm; Saturday 8:00am-4:00pm; and Sunday/Monday: Closed
 - **Basic Orienteering Class:** Join us and learn the Basics of Orienteering at the Land Navigation Course (Training Area 26) off Estes Road on March 25th from 9:00am-1:00pm. Cost for the class is \$5. The goal of Orienteering is to find the fastest route between a series of marked features in the terrain using, for this class, a Global Positioning System (GPS). Register for the class at 239-2363 not later than March 23rd.
 - **Basic Bird Watching Class:** Join us April 15th from 10:00am-12:00pm, at the East Playground (turn right at the entrance) at Moon Lake and learn the Basics of Bird Watching. This is an outside event, so dress according to the weather. Also, this class will require extensive walking in different types of terrain. Bring your camera or field glasses to get a closer look at the birds. Register for the class at

239-2363 by April 14th. Cost for the class is FREE. Field classes may be rented from us for a fee of \$5.

- **Inflatable Playspace “Moonwalk”** - Rent our new XL Obstacle Course Game with a 13’ slide Inflatable Moonwalk. The size is 65’Lx11’Wx13’H and weighs 590 pounds. It includes the blowers, tarp to put underneath and straps. We also have a square, round and pirate ship inflatable to rent. Cost is \$92.00 a day or \$150 .00 a weekend.
- **Enclosed Utility Trailer** - Need to move from on-post to off-post or take a vehicle to your home of record. Rent our new Enclosed Utility Trailer and make that move easier. The rear door opening has a ramp that can support 1,000 pounds. Rent this trailer for \$25.00 a day or \$40 .00 a weekend.
- **Global Positioning System (GPS)** - Rent one of our 10 Garmin eTrex Legend Global Positioning System (GPS). This navigation device is easy to use while out hiking, biking, boating, hunting, fishing or a configurable trip computer. Rent this GPS for \$6.00 per day or \$10.00 a weekend.
- **Clay Range** - Use our Clay Range to improve your skills for hunting those birds, turkey or deer. Cost is \$5.00 for one round (25 clays) or \$10 .00 for three rounds (75 clays). You can rent a .12 or .20 gauge shotgun from us for \$5.00 (used only while we’re open for business). You can also purchase shotgun shells for \$5.00 a box (25 shells).
- **Laser Shot Shooting Simulation System** - Improve your hunting skills with the Laser Shot Shooting Simulation System. Cost per person is \$5.00 per hour or group rate is \$15.00 per half-hour or \$25.00 an hour.
- **Archery Range** - We also have an Archery Range where you can improve your bow hunting skills. Cost to use the range is free. We have targets, bows and arrows you can rent from us for a fee. Depending on how long you use the equipment determines the cost.
- **Hunting and Fuel wood Permits** - We are currently selling the Fort Riley Hunting Permit for \$16.00 and Fuel wood Permits for \$22.00 To fish on Fort Riley this year only requires a Kansas Fishing License. An annual trout stamp is required for taking trout out of Moon Lake between October 15th and April 15th. Fort Riley hunting permits can be purchased at Wal-Mart, any state vendor or on line at www.kdwp.state.ks.us.
- **Scouting Area** - We reserve the Scouting Area at Moon Lake for Boy and Girl Scouts to camp out overnight. There is no cost to use the area. Currently there are no bathrooms in the Park areas during the winter months. Call ODR and we will provide you a number to call to get portable toilets for your stay at Fort Riley.
- **Special Events** - Having a special event for the children throughout the year? Rent one of our three (pirate ship, round or square) inflatable playspace “moonwalk” (requires electricity) for \$92.00 a day or \$150 .00 a weekend. We also have a large selection of party/picnic equipment, leisure equipment, camping equipment, and canoeing, kayaking and boating accessories for rent. Call us at 239-2363/6368 and see if we have what you need to make your function the best ever. You are welcome to use our facility area to hold your special function. Stop by and see us at 9011 Rifle Range Road.
- **Arts & Crafts Center Bldg. 6918 (785) 239-9205** - The Fort Riley Arts & Crafts Center offers a number of open shop usage areas for patrons. Usage areas include woodshop, ceramics studios, matting and framing studio, computer lab, photography, stained glass, sewing, quilting, basket weaving and leather. Classes are offered in

the evenings and on weekends in all program areas. A schedule of upcoming classes is available at the center.

- Open shop activities hours of operation:
 - Monday and Tuesday 1:00-8:30pm
 - Wednesday 9:00am-4:30pm
 - Saturday and Sunday 9:00am-4:30pm
 - Closed Thursday and Fridays and most holidays.
- Sales Store is open during the regular open shop hours listed above.
- The Arts & Crafts Center is co-located with ITR in Bldg. 6918 across from the Post Exchange. Call 239-9205 for more information.
- Arts & Crafts offers tours and classes for groups such as coffee groups, FRGs and scouts.
- The woodshop has 4,000 square feet of floor space and all the specialized equipment to complete any project. A large selection of hardwoods, plywood and processed materials are available for purchase.
- The ceramic studio has over 2,000 molds available as well as four potter's wheels and five ceramic kilns, making it possible to create finished ceramic ware from scratch.
- The matting and framing studio has a huge selection of mats and frame stock available as well as state of the art equipment. Conservation and preservation mats are available for fine art work pieces. Finish a project in one day with the help of our friendly staff.
- The black and white photography lab offers five enlargers, large sink areas and film and print dryers. Photo supplies are available for purchase.
- The computer lab has two desktop computers with a wide range of graphics and business software. A flatbed color scanner and color laser printer are ready for walk-in use. For a nominal fee, staff will show what programs are available and when you can get to work. You must have previous computer knowledge. Internet access is available for purchase.
- Other studio areas include stained glass, sewing, quilting, basket weaving and leather. Specialized equipment such as sewing machines, glass saw and grinders and engraving equipment are available for walk-in use. Scrap bookers beware we have the zyron machine for making stickers and Acc u Cut die machine for you to use, at a minimal charge.
- Services Available include professional matting and framing, plaques and awards and computer engraving. The center boasts a new laser engraver that rivals any engraving service in the area. Stop by for a free estimate on matting and framing services for your artwork, prints or certificates.
- **Stop by for a class schedule. For your next coffee group let's do a craft! We have set up an afternoon class on stained glass Mondays and Wednesday 1:00-3:00pm. Do not miss this great opportunity!!**
- Epson Scrap booking Central - Have your 12 x 12 scrap book page scanned and printed on archival paper and pigments, same size or reduced to a smaller album size. Have a customized scrap book page printed just for you (using your memorabilia to make a special background page to remember). Bring in your old photos (red and yellowed) we can improve and reprint them. Have those old slides printed into photos for that special album. Archive those old photos, negatives and slides on a CD. Epson – You need to see it to believe it – make those special photos on archival paper made special for Epson.

- Quilting, Sewing and Stained Glass Class, these are evening classes they are for the beginners to include intermediate level instruction. Stop by to see what you can make.

Sports

- **Riley Wheels Skating Rink**

- Friday - 8:00-10:00pm
- Saturday - 1st session 6:00-8:00pm
- 2nd session 8:00-10:00pm (\$1.25 stay-over fee for 2nd session)
- Sunday – 2:00-4:00pm - Family Skate \$1.00 per family member. Authorized ID Card holders only!!!!
- Riley Wheels is available for rent for private functions such as birthdays, unit parties, support groups, youth and school groups, scouts, etc. For more information call 239-3764

- **Adult Intramural Sports**

- 11 April – 1:30pm - Athletic and Recreation (A & R) Officer Meeting at King Field House, for all A & R Officers and softball coaches the upcoming softball season will be discussed. Team's Letters of Intent to Play are due on this day.
- 20-24 April - Post Volleyball Tournament will be held at King Field House
- For more information on upcoming intramural sports call 239-3945/2172.

- **Eyster Pool**

- Hours:
 - Monday – Friday: 5:30am-3:00pm - Lap Swim / Unit PT / Unit Drown-proofing
 - Open Swim - 4:00-8:00pm
 - Saturday– Sunday 1:00-6:00pm - Open Swim
 - Daily Fees: \$1.50 – ID card holder
\$2.00 - Guest
5 and under free (family member only)
- Pool Passes:

	Single	Family
Quarterly	\$15.00	\$35.00
- Private Pool Parties:
 - \$75.00 for two hours
 - \$25.00 for each additional hour
- Water Fitness Classes:
 - Water Aerobics - If you are looking for a good all-around aerobic exercise, come try out our water aerobics class. With this high/low intensity, all over work out, you will achieve your fitness goals. We provide a social atmosphere perfect for adults of any age with fun music and a variety of equipment. Tuesdays and Thursdays from 9:30-10:30am and 5:00-6:00pm
 - Abs/Buns and Thighs - This class is a 45 minute aerobic conditioning for the entire body with a main focus on the abs/buns and thighs. This class involves 5 minutes of stretching, 10 minutes of cardio, 20 minutes sculpting on those target areas, winding down with a relaxing cool down. Mondays and Wednesdays from 5:45-6:30pm.
 - All water fitness classes are \$2.50/session or \$20.00/10 sessions.
 - Mommy and Me - March 25, April 1 and 15. \$2.00 per family - No registration required. Time is 10:30-11:30am.

- **Swim Lessons:**
 - Guard Start Jr. Lifeguard Program - Sign up begins March 1, cost is \$35
 - Class dates and times: April 1, 8, 15, 22 & May 6 1:00 2:30pm
- **Lifeguard Training Classes**
 - Session 1**

March 17	3:00pm	Pre-Test
March 18-21	9:00am-6:00pm	Class
 - Session 2**

March 31	3:00pm	Pre-Test
April 1,2,8,9	9:00am-6:00pm	Class
 - Session 3**

May 6	9:00-10:00am	Pre- Test
May 6	10:00am-6:00pm	Class
May 13, 14	9:00am-6:00pm	Class
- **Cost: Free** for prospective Ft. Riley Aquatic summer hire
\$75 (+) the cost of materials for outside hire
- All water fitness classes and lessons are held at Eyster Pool.
- **Long Pool:** Operational hours 5:00-10:00am, Monday – Friday for military training only!
- **Fitness Programs:**
 - **Revol-X** - A revolving, revolutionary exercise class designed to offer variety and challenge to all fitness levels! Spice up your workouts...put in your requests...the class participants rule! Class formats to include traditional step, yoga, turbo kick, circuits, tubes, bands, balls, weighted bars, dumbbells and much more! This class is sure to be a change of pace and the best thing is...it won't cost you a penny! Every Thursday at 9:00am except March 23
 - **Cardio Pump** - Want a great cardio workout? This class is the one for you. All fitness levels are encouraged to attend. Mondays tend to be traditional step class. On Fridays get two workouts in one with a mixed format using step and resistance equipment (bands, balls, tubes, etc.). Be prepared to get **pumped**! Cost: \$2.00 per class or \$1.50 per class if paid in advance each month. Monday & Friday 5:45-6:45pm.
 - **Fitness Yoga** - Monday & Thursday 12:00-1:00pm. A non-purist yoga class designed for all fitness levels. This class integrates body and mind for total performance featuring strength, conditioning, flexibility and time to calm your mind during your lunch hour. Cost: \$2.00 per class or \$1.50 per class if paid in advance each month. Mats are limited - please bring yours if you have one.
 - **Cardio Training Express** - April 3, 9:-10:30am. Be **empoweed** ! In the past, this was a two-part class, but it is now being offered in one convenient, 2-hour session. Let the knowledgeable fitness staff teach you how to cardio train safely and effectively. After taking this class you'll feel more self-confident about your training. This is also an opportunity to ask individualized questions to get you on the right track and achieving your fitness goals! Please see registration note below.
 - **Weight Training Express-** Intimidated by the weight room? Time to get the basic knowledge you need to feel comfortable and self-confident with your weight-training regimen. The fitness staff can help you with this convenient 2-hour session! Learn everything you need to know to get started toning or building those beautiful muscles! Please see registration note. Date/Time: April 10, 1:00-2:30pm.

- **Fitness Assessments-** Want to set fitness goals but not quite sure what your current fitness level is? Fort Riley's professional fitness staff can help you. The assessment will include: resting heart rate, blood pressure, body composition testing, cardio respiratory test, & muscular strength and endurance testing. What an awesome service and at no cost to you! It is recommended that you attend the Cardio Training Express and Weight Training Express Classes to assist you in setting goals and establishing a safe and effective workout. Please see registration note. Date/Time: April 4, 8:45-11:15am.
- **Turbo Kick** - This class is boxing & Kickboxing combos implemented to hip-hop Music. It is a great class to get out of the repetitive cardio routine. Never get bored and always work up a sweat. Ladies, your husbands might even like this one!!! Wednesdays, 4:30-5:30pm & Fridays, 9:00-10:00am. \$2.00 per Class.
- **Please check times carefully as many new schedule changes have been made.**
- **New Spin Classes - Class Schedule Beginning 27 Mar 2006**
 - Monday 9:00-10:00am
 - Tuesday 6:00-7:00pm
 - Wednesday 9:00-10:00am
 - Thursday 6:30-7:30am
3:30-4:30pm
6:00-7:00pm
 - Friday 6:30-7:00am (available for units through reservation
Only)
4:30-5:30pm
 - Saturday 8:30-9:30am
- **No classes March 17-March 24 due to Training Holiday and Spring Break**
- **NOTE: Pre-registration is now required for all fitness classes. See Guidelines below**
- **Fitness Class Guidelines**
 - Cardio Pump, Total Body Toning, Revol-X, Turbo Kick & Yoga are all \$2.00 per session when using your First Class punch card OR \$3.00 when using your Rank It punch card. Cards may be purchased at King Field House Fitness Center, Monday-Friday 8:30am-12:00pm and 1:00-4:00pm excluding holidays and training holidays.
 - You **must** present a valid fitness punch card prior to class in order to participate. There are **no** exceptions.
 - No one will be admitted to class once it has started. Class will start promptly, please show up 5-10 minutes before posted start times.
- **Spin Class Guidelines**
 - ALL cycling classes are \$2.50 when using your First Class punch card OR \$3.00 when using your Rank It punch card. Cards may be purchased at King Field House Fitness Center, Monday-Friday, 8:30am-12:00pm and 1:00-4:00pm, excluding holidays and training holidays.
 - You must present a valid fitness punch card prior to class in order to participate. There are no exceptions.
 - Participants are to call 239-3868 to reserve a space in class or to be placed on the waiting list. When calling to reserve a space you may only reserve for yourself. You **can not** reserve a space for someone else. If you are unable to attend a class that you are registered for, be sure to call in and

cancel your reservation. Otherwise, after 2 no-shows, the instructor reserves the right to give your spot away to a waiting list patron.

- Classes are open for reservation the day prior to class. For example, if you want to participate in the 9:00am class on Wednesday, you can call anytime during business hours on Tuesday, 5:30am-10:00pm to reserve a space.
- There are only 14 spaces available for each cycling class. After all 14 spaces are filled; you may be placed on the waiting list if you choose.
- You **MUST** show up for class **at least** 5 minutes early for bike set up. If you are registered and do not arrive promptly (5 minutes prior to class), your spot will be given to the first person on the waiting list that is **present**. Class will start promptly at scheduled time and no one will be admitted to class once it has started.
- For additional info call 239-2813 or 239-3146.
- **Registration Note:** In order to participate in the Fitness Assessment, Cardio Training Express or Weight Training Express programs you must register in advance and fill out a short health questionnaire. There is a possibility that you would be required to obtain a doctors' release prior to participation. Please call 239-2813 for additional information.
- "Take control and responsibility...it's time to start living...healthier!"
- **Sprint Triathlon Coming April 29, 2006** You have been working out all winter long and need the ultimate challenge? Swim, Bike and Run your way to success! You can register individually or in groups. Call the fitness dept for additional details.
- **All classes/events are held at King Field House Fitness Center, unless otherwise noted.**

Better Opportunities for Single Soldiers (BOSS) (785) 239-8147

- March 17 (St. Patrick's Day/Training Holiday) - Bowling Party at Custer Lanes. Come out for a night of Green Face Painting, Bowling and some Fun! Party accessories will be provided and soldiers are encouraged to wear their best "green" (no uniforms). Meet at Custer Lanes at 8:00-10:00pm. Single Soldiers only.

Soldier and Family Support Center (SFSC) (785) 239-9435

- **ACS Survey** – As part of our mission of supporting the community, ACS works diligently to assess the needs of service and family members. Please help us with this task by completing the survey, available at the following web link: <http://www.zoomerang.com/recipient/survey-intro.zgi?p=U245UQDG46AD>. The survey collects information about your use and satisfaction with Army Community Service (ACS) programs at your installation and your sense of how well the military community is supporting its members. ACS program managers use this information to monitor their delivery of services to Soldiers and families and to respond better to identified issues that are important to you. The link is also accessible from the Fort Riley Homepage by selecting "Family Services" then "Army Community Services" from the Services drop down menu and scrolling down to the bottom of the page to the first item on the "Links" section.
- **Relocation**
 - Newcomers' Orientation – 8:30am-12:00pm: March 24, April 14 and 28
 - PCS Briefings – 1:30-3:00pm:
 - Stateside – March 22

- Korea – April 5
- Germany– April 12
- Overseas – April 19
- Stateside – April 26
- **Sponsorship Training for Soldiers:** A relocation specialist conducts a monthly sponsorship training class designed to train personnel how to be sponsors, where to find information being sent to incoming personnel, and the scope of how to be an effective sponsor. Units or Individuals can request Sponsorship Training in a classroom setting or take the training on-line. Please review this web link for details:
<http://www.riley.army.mil/view/article.asp?id=369-2002-05-09-599552> The next Training Session will be held at 9:00am on April 11(RSVP by April 4).
- **Youth Sponsorship Training** is also available through Army Community Service, with the training conducted at School Age Services and the Teen Center. Many new youth are arriving to the area and more are requesting a youth as a sponsor. If you are in 1st grade - 12th grade and are interested in helping youth who will be arriving, please contact Army Community Service for specific details about the training. For general information on what the youth will do to help, you can also contact Maxine Williams (SAS) or Joann Valenzuela (Teen Center) for details, or you can go online at
<http://www.riley.army.mil/view/WebForm.asp?webformid=614-2005-04-22-54223> 62 to sign up to be a youth sponsor.
- **Family Readiness Group Training** - Classes are offered monthly. Registration is required. Free Childcare is available; parents must bring shot records. Family Readiness Group Basic is scheduled for March 16-9:30-11:30am and April 20-6:30-8:30pm. Point of Contact Class is scheduled for April 6-6:30-8:30pm To register or for more information, please call the Soldier and Family Support Center at (785) 239-9435.
- **Spouse Activity Day Events** – An activity day for spouses of deployed soldiers is held twice a month. Childcare is provided (please bring shot records/snack is provided). Registration is required. Place: Soldier & Family Support Center, Bldg. 7264.
 - March 13 – Make Irish Boiled Dinner 9:00am -12:00pm
 - **March 27 – Potty Training Class – 6:00-9:00pm (New time)**
 - April 10 – Make a Memory Book – 9:00am-12:00
 - **April 24 – Movie & Popcorn – 6:00-9:00pm**
- **Soldier & Family Life Consultants** - Fort Riley now has Soldier & Family Life Consultants. The consultants are civilian personnel available to soldiers and family members who may have personal and/or family issues related to deployment. The consultants are free and confidential – no records are kept. Issues that the consultants deal with include but, are not limited to: Family Issues, Irritability/Anger, Adjustment Issues, Post Trauma Stress Disorder (PTSD), Combat Stress Issues, Problems or Relationship Issues with Spouse and/or Children, Organizing Confusing Situations. Call: 785-230-1785 / 785-249-4281 / 785-213-1627. Messages may also be left with first name and numbers with Army Community Service staff if you wish at 785-239-9435, at Bldg. 7264, or by email at site2665@riley.army.mil.
- **Employment Readiness Program:** Provides intake appointments for new clients seeking employment every Tuesday from 9:00am-3:00pm. Call for an appointment at 239-9435.
- **Army Family Team Building (AFTB):**
 - If you are new to the Fort Riley area and are interested in learning about resources that are available to you or find that everyone seems to be speaking another

language that sounds more like alphabet soup than words, then you could benefit from the Army Family Team Building (AFTB) Level One classes.

- Level One, Two and Three classes are offered at the Armed Services YMCA in Junction City on designated Fridays 11:00am-2:00pm with free childcare on site. You ***must*** contact the AFTB Program Manager to pre-register your children. The dates of upcoming classes are 17 March, 7 and 21 April 2006. For more information or to speak to the Program Manager please call 239-9435.
- Classes are given at the Soldier and Family Support Center from 6:30-8:30pm and are open to everyone. There is no childcare provided for the evening classes. The dates of upcoming classes are 15 March, 5 and 19 April 2006.
- If you, your unit/battalion, Family Readiness Group or other group would like to schedule separate Level I, II or III classes, please contact the Program Manager. These classes can be held at your location or at the Soldier and Family Support Center (room permitting). There is a minimum of five people required to hold a class and two weeks notice is needed for planning.
- **Army Volunteer Corps** – Volunteers are ***always needed and welcome***. If you are tired of sitting around the house and would like to contribute to our community come on out and get involved, volunteer. We have a variety of opportunities to gain job experience, training, learn a new vocation and gain job skills. You can contact the Army Volunteer Coordinator for more information by calling 239-9435 or by stopping by building 7264.
 - The Fort Riley Volunteer Recognition is planned for April. We want to recognize all volunteers in our community so please make sure that you have submitted your volunteer hours. More information about activities and recognition ceremonies will be coming soon.
 - Please submit volunteer hours to the Installation Volunteer Coordinator at Building 7264. You can mail, e-mail or drop off volunteer hours at Soldier and Family Support Center, Building 7264, Fort Riley, Kansas 66442 or email hours to becky.willis@us.army.mil.
- **Waiting Spouses' Group (WSG)** – WSG is a group designed to support spouses whose soldiers are on an unaccompanied tour of duty. Separations for these spouses are particularly unique because the support network and regular contact previously supplied by the unit/Family Readiness Group may no longer exist. WSG has teamed up with the Spouses of Deployed Soldiers Group to provide a Spouse Activity Day on the 2nd and 4th Monday of each month (upcoming events detailed above). If you would like to make the separation a little easier, come join the fun. You may also contact the ACS WSG coordinator, at 785 239-9435 or site2665@riley.army.mil.
- **Family Advocacy Program (FAP) / Victim Advocate Program** - The Fort Riley Family Advocacy Program Victim Advocate Program now offers free, 24 hour response services to victims of domestic violence and sexual assault on post. For Victim Advocate response services or if you have any questions related to domestic violence or sexual assault please contact the 24 hour Installation Victim Advocate Response Line at (785)307-1373.
 - **Parenting Workshops for Parents With Teenagers**
 - When: Monday Evenings: 10, 17, 24 April and 1 May
 - Where: Soldier and Family Support Center
 - Time: 6:00 - 8:00pm
 - Registration: Free
 - Childcare provided with advance notice and update immunizations
 - For more information: Call 239-9435 or visit SFSC
 - **Becoming a Love and Logic Parent**

- When: 4, 6, 11, 13, 18 & 20 April
- Where: Soldier and Family Support Center
- Time: 6:00 - 8:00pm
- Registration: Free
- Childcare provided with advance notice and update immunizations For more information: Call 239-9435 or visit SFSC
- ***Child Abuse Prevention Month Campaign 2006: Recognize, Respond, Report***
- **Kick-Off: 31 March - Rally Point – 5:00-8:00pm – Free: Face painting for children - Special event: Spider Man to teach children about Bullying and Child Safety**
- **Child Safety Day at the Post Exchange: April 1 – Post Exchange – 11:00am - 2:00pm – Free: Fire Truck Display, Child Safety Car Seat Checks, Dare Officers - Special event: Wamego Wizard of Oz Museum Live Characters. (Parents may bring their cameras for personal pictures)**
- **Kansas State University Recognizes Military Children and Families - May 1 – Riley's Convention Center - 5:30-7:30pm Special event: Coach Prince and players will honor military children and their families for the support they provided to the mission. He will speak about the importance of strength within the family!**

Child and Youth Services (CYS) (785) 239-4920

- **Central Enrollment Registry (CER), Bldg. 6620 on Normandy Drive**
 - Must be registered in CYS to participate in all CYS programs
 - Hours of Operation: Monday–Friday, 8:30am-5:30pm
 - Annual registration fee is \$18.00per child, or \$40 .00per family. CYS registration may be transferred to a new duty station upon PCS.
 - Contact CER at 239-5077/4847 for information, or to make an appointment to enroll in CYS.
- **Child & Youth Services Instructional Classes- SKIES offerings**
 - Gymnastics and Tumbling - Gymnastics classes, for children 3-15 years of age, are conducted Tuesday, Wednesday, and Thursday after school in Bldg. 6620. The cost is \$35.00per month for regular gymnastics classes, and \$45 .00per month for the Exhibition Team. An early bird discount of \$5.00per month for each child will be applied to payments made prior to the 1st of the month. Registration is ongoing; contact CER to schedule an appointment at 239-4723/4847/9478. Class schedules are:

▪ Tuesday	4:00-5:00pm 5:00-6:00pm 6:00-7:00pm 7:00-8:00pm	3-5 yrs 5-7 yrs 7-9 yrs 10-15 yrs
▪ Wednesday	4:30-5:30pm 5:30-6:30pm 6:30-7:30pm	3-5 yrs 4-6 yrs 6-8 yrs
▪ Thursday	5:00-6:00pm 6:00-7:30pm	3-5 yrs Exhibition Team (invitation only)
 - Creative Dance and Ballet - A Creative Dance class is conducted Wednesday evening at the Teen Center, Bldg 5800. Ballet classes are offered Thursday evenings at the Teen Center. The cost is \$35.00per month, with an early bird

discount of \$5.00 when payment is made prior to the 1st of the month. Call 239-4847 to make an appointment to register. Class schedules are:

- | | | | |
|-------------|----------------|-------------|------------|
| ▪ Wednesday | Creative Dance | 6:00-6:45pm | ages 5-7 |
| ▪ Thursday | Ballet | 5:00-6:00pm | ages 8-11 |
| | Ballet | 6:00-7:00pm | ages 12-18 |

To enroll, children must be registered with CYS and must have a current sports physical (less than one year old) at the time of registration. For instructional programs only, a health assessment, which states, "cleared for all instructional programs," will be considered the same as a sports physical. Please call 239-4723/4847/9478 for additional information. CYS annual registration or re-registrations is a prerequisite for class enrollment and is by appointment only.

- Home Alone Training Course
 - Home Alone Training Course - is for children ages 10 and up and is scheduled for the third Saturday of every month. Upcoming courses will be held on April 16 and May 20, from 3:00- 5:30pm, at the Home Alone Training Building, Bldg. 6620. Cost is \$10.00. If students wish to keep the books there is an additional \$10.00 charge per book. Call CER at 239 - 5077/4847 for more information.
 - Parents are encouraged to attend the last 30 minutes of the class. The class is free to children already enrolled in CYS. Class is free for youth registered in CER. The training will focus on providing children with the skills they need to remain safe when they are home alone. Topics include: knowing the rules, handling emergencies, getting it together, and keeping it together. Registration and physicals are not a requirement for this class. Please contact CER at 239-5077/4847/9478 to reserve your spot. Teens may register at the Teen Center.
- Guitar Lessons – Guitar lessons are available for youth, ages 6-18, and their parents that are eligible for services. Classes meet Monday evenings at 7:00pm for 6-10 year olds and 8:00pm for 11-18 year olds. An Early Bird Special of \$5 off is available when paid before the first of the month in CER in person. A few guitars are still available for rent for an additional monthly fee. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration is on-going, but there is a waiting list at this time
- Piano Lessons are individual instruction for children of all proficiency levels. Parents are required to purchase the class books as directed by the instructor. Classes meet Tuesday through Friday from 4:00-7:30pm. Sessions are half an hour long once a week and cost \$53.00 per month paid in person at CER (not in the drop box) prior to the 1st of the month. Classes are \$58.00 per month if paid between the 1st and 5th. Payments after the 5th are subject to collection. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration is ongoing, but there is a waiting list at this time.
- Daytime Dance Dynamo - Classes are Monday and Wednesday afternoons. Monday class is from 4:00-4:45pm for 5-7 year olds. Wednesday classes are from 2:00-2:30pm, 2:30-3:00pm, and 3:00-3:30pm for 3-4 year olds. Classes are \$35 monthly with \$5 Early Bird Special when paid in CER before the 1st of the month. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration is ongoing till classes fill. Once filled, we will gladly add your name to our Wait List.
- Hip Hop Dance Classes start in April 2006. They are for youth ages 5-7 on Thursday, 5:30-6:30pm, Bldg. 6620 and for youth ages 8-10 on Thursday, 6:30-7:30 pm. Registration begins February 6 and is on going till classes fill up. Please

contact CER at 239-5077/4847/9478 to reserve your spot. Classes are \$35 monthly with \$5 Early Bird Special when paid in CER before the 1st of the month. Registration is on going till classes fill. Once filled, we will gladly add your name to our Wait List.

- Spring Break Camps:
 - Hip Hop Workshop will be held at CYS, Bldg. 6620 from 6:00-7:00pm and 7:00-8:00pm on March 20-24, and cost \$35.00. Open to children and youth ages 10-18, each class has 15 spaces available. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration begins February 8 and is on going till classes fill up.
 - Bowling Workshop will be held at the Bowling Center from 9:00am-noon, with lunch being served and cost \$65.00. Camp begins March 20-24. Open to children and youth of all ages and has 20 spaces available. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration begins February 6 and is on going till classes fill up.
 - Cheerleading and Dance Workshop will be held at CYS, Bldg. 6620 from 5:00-6:00pm for youth ages 6-10years and advanced classes for youth ages 10-12 years will be held at 7:00pm. Cost is \$35.00. Camp begins March 20-24. There are 15 spaces available in each class. Please contact CER at 239-5077/4847/ 9478 to reserve your spot. Registration begins February 6 and is on going till classes fill up.
 - Spring Fling Art Camp will be held at Bldg 6620 from 11:30am – 1:00pm for ages 6-12 years. Please bring a sack lunch. Camp begins March 20-24. Cost is \$35.00. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration begins Feb 6 and is on going till classes fill up.
 - Youth Competitive Swimming Camp will run from March 6-17, from 6:30-7:30pm at Eyster Pool. Cost is \$10.00, plus \$18.00 registration fee. All participants will receive a camp T-shirt. Youth are required to have a current physical dated no earlier than March 17, 2005. Please contact CER at 239-5077/4847/9478 to reserve your spot. Registration begins Feb 6 and is on going till classes fill up. For questions about the Swimming Clinic you may call 239-9223.
 - **Additional offerings are planned for Spring Break March 20-24. Please call CER at 239-5077/4847/9478 for more information.**
- Instructors Needed - New classes will be advertised as instructors become available. Instructors are needed for a variety of classes. If you have a skill that you would like to teach through the Instructional programs at CYS, call 239-4723. We also have a survey that you can fill out to let us know what programs in which you have interested.
- Red Cross Babysitting Course
 - Courses are scheduled for the third Saturday of every month.
 - April 15 and May 20, 9:00am-3:00pm, Red Cross Babysitting Class, Bldg. 5800. Cost is \$10.00. If students wish to keep the books there is an additional \$10.00 charge per book. Call CER for more information at 239-5077/4847.
 - Youth must be 11 years and older
 - With parental permission, all youth (12-18 years old) who successfully complete the course are eligible to be included on the Fort Riley Teen Babysitter Referral List.

- **Outreach Services**

- Parent Advisory Council (PAC) meets the first Thursday of each month from 4:00–5:00pm in the Training Room at Bldg. 6620. All parents are encouraged to attend. Agenda includes program updates and parent information. Patrons receive a 10% discount on their childcare fee after attending three meetings. Call 239-9850 for additional information. The next meeting is scheduled for April 6, 4:00-5:00pm, Parent Advisory Council Meeting, Training Room, Bldg. 6620.
- Volunteer Child Care in a Unit Setting (VCCUS). This program allows groups to provide care for a “sister” group of their choosing. Each group has their own volunteers who are trained by CYS at a one time, four-hour training session. Upon completion of the training, they may then provide care for each other as long as the parents remain in the same facility. CYS will provide supplies if necessary and ensure the environment is safe. This is a wonderful program from which our community would benefit. Please call 239-4723 for more information. Additional details apply.

- **Child Development Center (CDC)** is accredited by the National Association for the Education for Young Children (NAEYC).

- Hours of Operation are from 6:00am-6:00pm
- Serves children ages six weeks to Kindergarten
- Provides full-day, part-day preschool, and hourly care.
- Free hourly care is available at the CDC on March 25, April 8 and 22 from 10:00am-1:00pm for children of deployed soldiers. Children ages six weeks through Kindergarten are eligible for the free care at the CDC. Lunch will be served to the children at 11:30am. Children must be registered with CYS to participate in this program, and parents must make a reservation by noon on Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.
- April 3, 2:00-6:00pm, CDC Open House. Come take a tour of the CDC and help us celebrate Month of the Military Child.
- April 7, 3:30pm, Month of the Military Child Kick-Off Parade held at the CDC.

- **Family Child Care (FCC) Program**

- The FCC Program consists of care offered in on-post quarters by a military family member meeting FCC certification requirements. Homes are inspected and monitored regularly.
- FCC homes provide care between the hours of 6:00am-6:00pm and may provide extended and overnight care in the evenings and on weekends for duty related needs. FCC providers offer flexible hours that may better meet the needs of those requiring childcare for extended periods, as well as childcare for shift workers.
- Serves children four weeks to 12 years old
- Provides full day, part day, and hourly care
- Care is in a small group setting with home atmosphere
- Registration in FCC is through the CYS Central Registration office.
- Family Child Care Home Providers:
 - Adults wanting to become FCC providers are invited to attend an FCC informational briefing. The orientation/informational briefing is scheduled for the second Thursday of each month from 2:30-4:00pm in Bldg. 6620. For more information, call 239-4313. Providers are being sought for all ages and types of care, especially for those who will provide infant and hourly care.

- The next FCC Information briefing is April 13, 2:30-4:30pm in the Training Room at Bldg. 6620. Request no children at the briefing.
- **School Age Services (SAS):** This elementary school age program is nationally accredited by the National After School Association (NAA).
 - SAS is located in Bldg. 5810.
 - Hours of Operation: Monday –Friday, 6:00am-6:00pm
 - Provides before and after school programs for 1st – 5th grades
 - Provides a Kindergarten program
 - Transportation is provided to and from on-post schools
 - Transportation is also provided for hourly care children. Parents must make reservations by noon the day prior, at which time SAS will notify the schools.
 - Breakfast is served until 8:00am
 - Open Recreation (hourly care):
 - Available for children in Kindergarten.
 - Available Monday-Friday, 3:30–6:00pm on school days, 1:30–6:00pm on early release days, and 6:00am–6:00pm on no school days for 1st-5th graders.
 - Parents must provide transportation and make advance reservations
 - Children eligible for SAS, and who are registered with CYS, are also eligible to receive five hours of free Open Recreation each month. Reservations are required. Call 239-9220 for more information.
 - Free Hourly Care – March 25, April 8 and 22, 10:00am-1:00pm, at SAS, Bldg. 5810, for children of deployed soldiers. Children who are in Kindergarten through 5th grade may receive free care at SAS. Lunch will be served at 11:30am. Children must be registered with CYS to participate in this program. Reservations are required by noon each Thursday prior to the Saturday opening. This program is subject to cancellation if there are not enough reservations.
 - April 8, 6:00-10:00pm, Parents Night Out, for children K-5th Grade. Cost is \$10. Reservations must be made by noon the Thursday prior. Children will enjoy a movie, games, and making projects they can take home. Also, a light snack will be provided. Children must be registered with CYS in order to use the services.
 - **SAS Activities:** Unless otherwise noted, field trip times are: 4:30-5:45pm for 1st – 5th and 9:30-1:00am, 1:00-2:30pm for Kindergarten-age children.
 - **March**
 - March 20, Field Trip, Arts & Crafts Center, Bldg. 6918, 3rd-5th Grade
 - March 21, Indoor Water Park, Lawrence, 1st -2nd Grade, (10:00am-5:45pm)
 - March 23, Field Trip, Indoor Water Park, Lawrence, 3rd-5th Grade, (10:00am-5:45pm)
 - March 24, Field Trip, Wamego City Park/Oz Museum ,Kinder, (12:30-5:45pm)
 - March 27, Field Trip, Arts & Crafts Center, Bldg. 6918, 1st & 2nd Grade
 - March 28, Field Trip, Riley Wheels Skate Rink, Bldg. 202, Kindergarten
 - March 28, Field Trip, Riley Wheels Skate Rink, Bldg. 202, 3rd-5th Grade
 - March 30, Field Trip, , Outdoor Rec.- Archery, 4th & 5th Grade,
 - March 31, Field Trip, Junction City Library, Kindergarten
 - **April**
 - April 1, Pancake Breakfast @ SAS (8:00 10:00am)
 - April 3, Open House @ SAS (4:00 5:00pm)
 - April 5, Field Trip, Bowling Center, Bldg. 7485, 1st – 5th Grade
 - April 11, Field Trip, Riley Wheels Skate Rink, Bldg. 202, 1st & 2nd Grade

- April 12, Field Trip, Riley Wheels Skate Rink, Bldg. 202, 3rd-5th Grade
 - April 13, Field Trip, Golf, 1st – 5th Grade
- Unless otherwise noted, field trip times are: 4:30-5:45pm for 1st – 5th and 9:30-11:00am, 1:00-2:30pm for Kindergarten-age children.
- **Youth Services**
 - **Teen Center:** The Fort Riley Teen Center, Bldg. 5800, is located on the corner of Thomas and Longstreet, call 239-9222. The Teen Center is an affiliate member of the Boys and Girls Club of America and participates in nationally recognized 4-H and Character Counts programs.
 - **March Activities:**
 - March 17– 7:00-10:00pm, Newcomer's Bar-B-Que, Bldg. 5800
 - March 18– 3:00-4:00pm, Youth Sponsorship Training, Bldg. 5800
 - March 18– 9:00pm-midnight, Midnight Basketball, Bldg. 5800
 - March 31 – 8:00-10:30pm, Spring Fling Middle School Dance, Bldg 5800
 - **April Activities:**
 - April 1, 3:00-6:00pm, Newcomer's Tour, Bldg. 5800
 - April 1, 9:00pm-6:00am, Middle School Lock-In, Bldg. 5800
 - April 7, 7:00-10:00pm, Newcomer's Pizza Party, Bldg. 5800
 - April 8, 9:00-11:30pm, High School Dance, Bldg. 5800
 - April 14, 8:00-10:30pm, Middle School Dance, Bldg. 5800
 - April 15, 9:00pm-midnight, Midnight Basketball, Bldg. 5800
 - **Youth Sponsorship:**
 - The Fort Riley Teen Center now offers a Youth Sponsorship Program for youth new to Fort Riley, and youth moving to a new installation from Fort Riley. We are looking for youth in Grades 6-12 to become youth sponsors. Sponsors do not have to be registered with CYS to volunteer in this program, but YS does require parental permission and volunteer registration forms. Sponsors will earn valuable volunteer hours and be invited to participate in special newcomer-sponsor activities.
 - To become a Youth Sponsor you will need to fill out a Youth Sponsor Application and a Youth Sponsor Agreement Form, plus attend youth sponsorship training. To request a sponsor, you will need to fill out a Youth Sponsorship questionnaire. All of these forms can be picked up at the Teen Center, Bldg. 5800, the Soldier and Family Support Center, Bldg. 7264, or Child & Youth Services, Central Registration Office, Bldg. 6620. For more information, please feel free to call 239-9222.
 - **Youth Sports:** Start Smart Soccer Registration for 3-5 Year olds will be held at Central Registration from 13 March – 7 April. The cost is \$20.00, plus the yearly CYS enrollment fee of \$18.00 per child. For more information, please call the Youth Sports office at 239-9223.

School Liaison Officer - 239-9539: **School Liaison Services ACCESS** Sign up for the School Liaison Office In-Touch program to receive updates on school related topics.

Addressing issues with youth registration in the local school

Coordinating education transition related resources and points of contacts within school and community.

Collaborating with parents to ensure academic success.

Educating parents on the local school system policies, procedures, programs, and schedules.

Supporting home school families.

Supplying resource materials on primary secondary, and post-secondary

education.

USD 475 Junction City-Geary County Schools: USD 475 (Geary County-Junction City, Fort Riley, Milford, and Grandview Plaza) website:<http://www.usd475.org/> Tel: 785-717-4000

USD 383 Manhattan-Ogden Schools: USD 383 (Manhattan-Ogden) website: <http://www.usd383.org/> Tel: 785-587-2000

Directorate of Education

- Buyer Beware! There is a scam ongoing at Fort Riley of companies selling study materials that are actually free to the Soldiers! They say they are part of the Army Education Services program but they are not. They target the lower enlisted Soldiers. If you know anyone who has experienced this, please call us at 239-6481 and also call JAG. Kansas State University's virtual classroom is operational. It is located in Bldg. 215. The Fort Riley Education Services Consortium is developing a "Needs Assessment" to gather information from the Fort Riley community. More information to follow.

Installation Chapel Office

- **New Liturgical Protestant Service**, St. Mary's Chapel at 9:00am
- **Trail West Family Camp**, 3-10 June 2006, a gift to our deployed/deploying families. For details, call 239-9608.
- **"Sacred Space" Literature Stands.** The Installation Chaplain's office has a number of book racks located throughout the Installation. These racks are filled with helpful books and pamphlets. If there is a specific title or additional copies needed, please call 239-3359.
- **Community Easter Sunrise Service**, 16 April 2006, 6:30-7:30am, Out Door Chapel, from Huebner and 1st Division Roads' traffic light, turn onto 1st Division Road, follow road about ½ mile, watch for Out Door Chapel sign. Alternate location in the event of bad weather, Morris Hill Chapel, corner of Jackson and Ewell Streets.
- **Protestant Women of the Chapel (PWOC)**
At 9:00am on Tuesday mornings, the Morris Hill Chapel groups are studying and discussing a variety of books including When Godly People do Ungodly Things; Personality PLUS; Your Girl: Raising a Godly Daughter in an Ungodly World; Becoming a Person on Influence; Your Money Counts and Romancing Your Husband. For additional information, call 717-2820.
- If you are new to Ft Riley and would like to attend a Bible study group but are concerned about child care, make plans to attend one of the Bible studies and check out the quality child care available. Toddlers and pre-schoolers will enjoy Bible stories, crafts, playtime and a snack within a Bible-based, structured watch care environment. A study room is also provided for home schooled students. If you have advance questions concerning child care, call 717-2820.
- **Catholic Women of the Chapel (CWOC/MCCW)** meet on Mondays (except when the schools are on holiday) at St Mary's Chapel starting with Mass at 10:00am, followed with fellowship at 10:30am and then Bible study. Come to Mass, fellowship and/or just Bible study. Everyone is invited to attend one of two studies, Beloved Daughter Of God or The Gospel According To Matthew, beginning January 30. On site childcare is available for ages 5 and under at the Main Post Chapel. CWOC/MCCW will not meet on March 20 and March 28 to permit families time together during the schools' spring break. During Lent, a soup supper will follow the 6:00pm Mass on Wednesday evenings. For additional information, call Susan at 717-2152 or Amy at 223-6564. Join our expanding group for **Faith, Fellowship, and fun!**

- **“Moms In Touch International”**, an interdenominational Christian organization that meets once a week, for one hour, to pray for children and their schools. Two groups have been established: Main Post Chapel; prayer sessions on Mondays, 7:00pm; POC: Jimi, 784-4292. Second group, Armed Forces Y; 111 East 16th Street, Junction City, prayer sessions on Saturdays, 9:00am; POC: 762-3033.
- **Pre-Marital Classes Sponsored by the Family Life Chaplain** - Pre-marital classes are held the first Wednesday of every month from 3:00-5:30pm at the Family Life Ministries Center. Please call 239-3436 for additional information and to register for the class.
- **Marriage Enrichment Seminars Sponsored by the Morris Hill Gospel Congregation** April Seminars: April 4 and 18, 6:30-8:30pm, Morris Hill Chapel. Free child care is available. Continuing Seminars will be held on the 1st and 3rd Mondays of every month at Morris Hill Chapel. For more information, please call Morris Hill Chapel at 239-4814.
- **Marriage Enrichment Seminars Sponsored by the Family Life Chaplain** - The seminar is in two parts. Participation in the first night is required before participation in the second night. Childcare will not be available. For additional information and to register, please call 239-3436. April Seminar dates: 11th and 20th from 6:00-8:30pm at the Family Life Ministries Center, Building 405.
- **Child Care Providers Needed** - The Installation Chaplain's Office is looking for qualified individuals to provide child care for various Chapel sponsored events. Qualifications: must be at least 18 yrs old, CPR certified (will train) and must pass a state background check (free). Pay is good and flexible hours available. Point of contact: (785) 239-4814.
- **Club Beyond (CB), for additional information, please call Don Ericson at 239-0979.** CB (grades 9-12) meets Sundays in the basement of St. Mary's Chapel from 6:00-7:30pm. CBJV (grades 6-8), Wednesdays, at the Teen Center from 6:00-7:30pm.
- **Wounded Soldiers Outreach Support Group** - Wounded Soldiers Outreach and Support Group (WSOS) meets monthly to provide wounded Soldiers and family members an opportunity to meet one another. The desire is that through this informal setting, helpful relationships will develop to assist in the healing process. WSOS meets the first Tuesday of every month at Riley's Conference Center from 6:00-8:00pm. For more information, please call (785) 239-4375 or (785) 375-2480.
- **Passover Seder Kits**
During the holy days of the Jewish Passover, 13-20 April, chaplains will have a number of Seder (Passover Feast) kits available. For details, please call the Installation Chaplain's Office, 239-3359.

Staff Judge Advocate

- **Tax Center** - The Tax Center offers free federal and state tax filing services for service members, family members, and retirees.
 - Hours of Operation: Monday-Friday 9:00am-6:00pm & Saturday: 9:00am-1:00pm
 - Location: Soldier and Family Support Center, Building 7264, Normandy Drive
 - Phone: 239-1040
 - Appointments: Recommended, but walk-ins will be seen as schedule permits. Tuesdays and Saturdays are reserved for walk-ins.
 - Documents needed:
 - Name/Telephone number/address
 - Marital status
 - Routing number and account number for direct deposit
 - State of residence for each working adult

- Social security cards and birth dates for all dependants to be claimed on the tax return
- Original W-2s from all sources of income issued by the employee
- Previous year's tax return*
- 1099- Retirement*
- 1099-Int (statement from bank showing interest)*
- 1099-DIV (statement showing capital gains information)
- Educational expenses*
- Proof of Childcare expenses**not required, will apply to some filers

Plans, Analysis, & Integration Office (PAI)

- Use ICE to help us serve you better. ICE (Interactive Customer Evaluation) is a web based customer feedback system. You can provide an evaluation of more than 170 services on Fort Riley or communicate directly with the manager of a service via ICE.
- You can access ICE several ways. The quickest is to click on the ICE link on the sidebar of the Fort Riley home page (www.riley.army.mil). You may also access our site via the ICE homepage (<http://ice.disa.mil>), and then scroll down through the map to Fort Riley. In either case, you will reach a search page, listing categories of service. The names of the organizations you can rate will appear when you click on the service category. The comment card will come up when you click on a service name. At the bottom of the comment card, you will also find a dialogue box in which you can enter comments. Your comments are most valuable to our service providers. If you wish to see how others have rated a service in the past 90 days, click on the "Report" box. General information about the service can be obtained by clicking on the "Info" balloon.
- ICE is a worldwide customer feedback system supported by the Department of Defense Office of Quality Management. You will find all branches of service and installations worldwide whose services you can rate or see how others have rated them. This may be important to you if you have been TDY and wish to rate services received or if you are going to another installation and want to know how users evaluate a service.
- ICE is administered by the Plans, Analysis & Integration Office at Fort Riley. If you have questions about this service or wish to develop a comment card for your organization, please call 239-2540.

Provost Marshal Office (PMO)

- **Community Policing**
 - We will be looking at adding additional DARE classes for the first through fourth graders in addition to the 5th and 7th grade classes that we already teach.
 - From February 20-24, the DARE officers and volunteers from the 97th Military Police Battalion will be assisting with basic swimming skills for 8th grade students in preparation for the Breakneck Lake Canoeing trip coming up in May.

Directorate of Public Works

- **Henry Drive Bridge Closure:**
 - Henry Drive from north of the intersection at Ray Road to just south with the intersection with Stuart Ave. is closed through 30 June 06. This is to accommodate replacing the bridges over the Kansas River and the railroad track.
 - Traffic will be re-routed to Trooper, Grant Ave. and 12th Street entrances.
 - Signs are posted on I-70.

- **Energy / Water Conservation:** Funds saved in the energy account go to improving the quality of life for soldiers and families.
 - Authorized thermostat settings for heating season are 65 to 70 degrees.
 - Close exterior doors and windows when the outside temperature drops below the thermostat setting.
 - Turn off computer monitors, appliances and lights when not needed.
- **Recycling Reminder:** All on-post housing occupants are reminded of their responsibility to recycle to the extent possible. Information on the recycling procedures are in the Resident User's Guide and in the Housing Handbook, page 48.
 - The 'blue' bags used for curbside collection of recyclables have become cost prohibitive to purchase and are no longer being issued. We are still providing other bags for collection of recyclables from housing areas.
 - The replacement bags from the housing self-help store may be white or some other color.
 - We plan to continue curbside collection services but will begin transitioning to bins by the time the RCI partnership takes over operation of on-post housing in July 06.
- **Snow Removal Parking Policy:** The snow removal season officially begins 1 Oct 2005 and ends 30 April 2006. When snow or icy weather is predicted during this time period the following parking policy is in effect.
 - Parking will be on one side of the street only. When snow and or ice is predicted all vehicles will park on the even building numbered side of the street on even calendar dates, and on the odd side of the street on odd days.
 - The only exception is where there is no parking on one side of the street.
 - No parking signs are still in force and will not be violated.
 - Streets with residents parking in violation of this policy will not be cleared.
 - An announcement will be issued on Channel 2 when the Installation anticipates snow or ice conditions.
 - Alternate side parking will continue until the road is cleared from curb to curb. All residents should maximize the use of their driveways to reduce the numbers of vehicles on the street during the snow removal process.
- **Self-Help Store lawn care products now available:**
 - Grass Seed – 2 ea. (Four pound bags)
 - Peat Moss – 2 bags
 - Mulch – 6 bags
 - Lawn Food – 3 bags
- **Self-Help Store hours of operation (April 1 – June 18)**
 - Monday: Closed
 - Tuesday/Wednesday/Friday 10:00am-5:00pm
 - Thursday: 12:00-7:00pm
 - Saturday/Sunday 7:00am-6:00pm
 - Closed Federal Holidays
- **Update Housing records when any of the following change:**
 - Rank
 - Unit/Company
 - Phone number(s)
 - Address
 - Number of dependents

- **Lawn Maintenance:**
 - Grass cut to height of three and one-half inches as needed
 - Areas of responsibility are defined in Housing Handbook
 - Lawns will be edged along walks, driveways, curbs, and flowerbeds
 - Routinely trim shrubs and bushes
 - Eliminate any vines that grow on housing unit
- **Carbon Monoxide Detectors:**
 - Many quarters have CO detectors installed.
 - Contractor has recently been receiving numerous calls for response to carbon monoxide detector alarms.
 - **The greatest cause for the alarms is from residents starting vehicles inside garages, thus allowing carbon monoxide to seep into the house.**
- **Kids and Fire Safety:**
 - Children are the primary group the Fort Riley Fire Department is trying to reach with its fire prevention programs. We teach fire safety every day at each elementary school and each of the day care centers on our Post. We try to reach the children as much as we can, but it is the parents that have the most impact on how children will react in an emergency. Children are naturally curious. That's great because it helps them explore and learn about their world. Unfortunately, a child's normal curiosity about fire can lead to tragedy. Children start over 100,000 fires a year in the United States, more than any other country in the world. Approximately 20,000 of those fires are set in homes. Children start over 30% of the fires that kill children. As a parent, you must begin teaching your children early about the dangers of fire. Because they are curious and if you don't talk to them about it, they will find out some other way.
- **Fire Prevention:**
 - Take the mystery out of fire. Teach your child that it is a tool, not a toy. Teach your children that fire can both help and hurt us.
 - Stress that matches and lighters are only for adults to use.
 - Keep matches and lighters locked up and out of sight, away from children in a high cabinet or container.
 - Use child-resistant lighters.
 - Teach your children not to touch matches or lighters and to tell a grownup if they find them.
 - Supervise young children closely. Do not leave them alone, even for a short period of time. Unattended children can start a fire by trying to cook something or by using a heater or appliance in the wrong way.
 - If your children are old enough to cook, teach them kitchen fire safety.
 - Never leave burning candles, wood stove or fireplace fires, or portable heaters unattended, and certainly do not use children for tending to or supervising them.
 - Make sure children sleep in flame-retardant clothing.
 - At home, children usually experiment with fire in bedrooms, closets and under beds. These are "secret" places where, unfortunately, a lot of things can also catch fire.
 - Check under beds and in closets for burnt matches or other evidence that your child is experimenting with fire.
 - If you do catch your child intentionally starting fires, seek professional counseling help immediately. Call the Fire Department at 239-4257 and we will do everything we can to prevent your children from starting fires.

- **Control Burning Near Housing Areas**

- During the months of March and April, the installation conducts controlled burns of areas of the installation to prevent wildfires. Some of these burns will be near housing. Smoke from the burning may present problems for adults and children with respiratory problems. Effective preventive measures include closing all windows and doors, to reduce the amount of smoke entering the building, and allow the heating/cooling system to filter the interior air. Since the burning will occur during school hours, the Fire Department will notify the nearby schools prior to starting the burn control, so they can also take the recommended preventive measures. Personnel and equipment will be staged to prevent the fire from entering the housing areas or schools. Please be aware that these are being closely monitored and are under complete control of the Fire Department.

Installation Safety Office (ISO)

G1/Army Career and Alumni Program (ACAP) – The Fort Riley ACAP Center is office located on Main Post in Bldg. 210, room 6. For information, please contact the ACAP Center at 785-239-2278/2248, stop by the ACAP Center, or view our website at: <http://www.riley.army.mil/Services/Soldier/ArmyCareerAndAlumni.asp>.

G3/DPTMS

- **Significant Events March 16-April14:**

- March 17, Training Holiday
- March 20, 1 BCT Training Holiday
- March 22, Women's History Observance
- March 27, NCO/Soldier of the Quarter Ceremony
- March 29, Retirement Ceremony
- March 31, 3 BCT Award Ceremony
- April 4, Combined Command & Staff
- April 5, 2-34 AR Change of Command
- April 14, Training Holiday

Veterinary Services

- **Registration of animals living on post** -- Animals only need to be registered once. Registration is free. If you move or change your phone number, please update your information.
- **Hours of Operation:** Monday-Friday 7:30am-3:30pm. Clinic hours are 8:30am-3:30pm on Tuesday and Thursday by appointment. Registration can be done on Monday, Wednesday, and Friday.
- **Stray facility hours** are 7:30am-3:30pm Monday-Friday.
- **Travel**--If you travel overseas with your pet, please check the USDA/APHIS website for the requirements of the country to which you will be traveling. Start looking into the requirements as soon as you find out you may be going overseas. Depending on where you are going; you may have as long as a six month home quarantine period for your pet. If you are traveling with your pet on an airplane, make sure to ask the airline about their regulations. Most airlines require a health certificate within 10 days of the flight.

FORSCOM Family Readiness Group Assistant Program

- The program has been created to provide administrative support by facilitating the needs of the Commander's FRG and serves as a liaison between the FRG's and community resources.
- The FRG Assistant Program is intended to ease the work load of the FRG and thereby reduce stress to promote Soldier and family readiness. The goal is to foster and contribute to an environment of well-being and esprit de corps amongst the units.
- The FRG Assistant's duties directly relate to the FRG mission of fostering competent, knowledgeable, and resilient families by assisting the Commander and volunteer FRG.
- **The FORSCOM FRGA Program Team**
 - **1BCT FRG Assistant** can be located in the 1BCT HQ Bldg. 7006B, Siebert St., Custer Hill or by calling 239-9926.
 - **4 BCT FRG Assistant** can be located in the 4 BCT S1 Bldg. 7836, Custer Hill or by calling 239-9430.
 - **FORSCOM FRGA Program, Site Manager's** office is located in the Soldier & Family Support Center, Custer Hill Bldg. 7264 or call 239-5785.

American Red Cross

- There will be no dental assistant program at least until May of 2006, because the current class has not finished. Also, we are still in need of volunteers and orientations can be scheduled on a one-on-one basis. Call 785-239-1887 to see what our opportunities are. Gene Simmons, our current Station Manager is deployed until September 2006. We are currently in the process of collaborating with different entities on the base to see what volunteer positions they have available to fill and what the qualifications will be. As soon as we are finished, we will post them on INTOUCH. We still want people to take advantage of Spencer's layette program. If your service member has been deployed to OIF or OEF and your child is not older than 18 months, you are eligible. Please call our office for more details. Please sign up for American Red Cross In Touch updates to stay the most up to date with us. Thanks!!

Boy Scouts

- The Army and the Boy Scouts of America.-The Army and the Scouts have enjoyed a 94 year history of corporation and assistance that has benefited many generations of military dependents and the communities in which they live. If you are interested in joining the Boy Scouts as a new scout or as a new leader, we have a place for you. If you are transferring in from another post and want to continue scouting then we are looking forward to meeting you.
- Scouting is a family-based program that teaches many ideas such as patriotism and character development. These lessons are taught through many mediums such as the patrol method and leadership development classes. If you or your son are interested in camping and hiking or are interested in things such as environmental sciences or in flight, the Boy Scouts are the place for you. These are just a few of the items that our youth are enjoying. Scouts have fun doing things that other youth just dream about!
- To join, contact Russell Black at 238-5684 for more information.

Girl Scouts of Kaw Valley

- Cookies will not longer be available after March 15th so if you have not ordered please contact the council at 785-776-1488 or 1-800-432-0286 ext 44.

- Girl Scout week starts March 12, 2006 on Girl Scout Sunday. The girls and adults wear their Girl Scout uniforms to church to begin the week off. The Fort Riley and Junction City troops have many events planned for this week.
- The Fort Riley and Junction City troops are planning a bridging workshop and ceremony in April where the girls “bridge” up to the next level of Girl Scouting.
- If you are interested in joining as a new girl member or as a new leader, we have a spot for you. If you are transferring in and want to continue your experience we look forward to hearing from you. Please contact 785-776-1488 or 1-800-432-0286 ext 44.

Armed Services YMCA (ASYMCA)

- **Childcare Programs** - Take advantage of our childcare programs. While your children are enjoying there day with fun filled learning activities and socializing with others, you are able to take time for yourself, knowing your children are safe and well cared for. Please contact the ASYMCA for more information.
- **Reservations are required one week in advance for all childcare programs.** All Childcare program prices are for the entire program. The following are not hourly rates.
- **Mom’s Monday Out**
 - Monday’s 10:30am-3:30pm
 - You must provide a sack lunch and a snack for your children
 - \$7.50 1st child
 - \$8.25 for children under 2
 - \$6.75 per additional child
 - \$7.50 per additional child under 2
- **Mom’s Morning Out**
 - Tuesday 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children
 - Prices are the same as Mom’s Monday out
- **Mid Week Break**
 - Wednesdays 10:30am-3:00pm
 - You must provide a sack lunch and a snack for your children.
- **Parent’s Days Out**
 - Thursdays 10:30am-2:00pm.
 - You must provide a sack lunch or dinner for your children.
 - Prices are the same as Friday Parent’s Day Out
- **Friday Parents Day Out**
 - Fridays 10:30am-2:00pm
 - You must provide a sack lunch or dinner for your children.
 - \$6.00 1st Child
 - \$6.75 for children under 2
 - \$5.25 per additional child
 - \$6.00 per additional child under 2
- **Friday Night Out**
 - Fridays 5:30-10:00pm
 - You must provide a dinner and snack for your children.
 - \$7.50 1st Child
 - \$8.25 for children under 2
 - \$6.75 per additional child
 - \$7.50 per additional child under 2

- **Parents Work Out:** A new and exciting program that gives parents the availability to go to the gym knowing that their children are being well cared for in a safe environment.
 - Monday through Friday - 8:30-11:00am
 - Please provide a snack for your child
 - \$2.50 first child
 - \$1.75 per additional child
 - \$3.25 Children under 2
 - \$2.50 per additional child under 2
 - **Creative Learning Classes** started in September, and they are going strong. We have a few openings left in each of the classes. If you are interested, feel free to call for more information.
 - 2 Year Old Class - Tuesday/Thursday 9:00-11:00am
 - 3 Year Old Class - Monday/Wednesday 1:00-3:00pm
 - 4-5 Year Old Class - Tuesday/Thursday 12:00-3:00pm
 - One Time \$10.00 registration fee
 - Cost is \$50.00 per month
 - **Get up and Move:** A new program being offered to those parents that choose to Home School their children. This program is to help those parents implement physical activity play into the student's lives.
 - Thursday 2:15-3:45pm
 - \$2.50 for 1st child
 - \$0.50 per additional child
 - **Dance** - We will be offering dance class every Thursday from 6:30-7:30pm for all children between the ages of 2 ½ to 13. Cost is \$25.00 per month.
 - **Building Rentals**
 - The ASYMCA is available for your FRG Meetings free of charge with the availability for childcare on site for a minimal fee. Call to schedule.
 - Need to hold a Kid's Birthday Party, Baby Shower, Bridal Shower, Cub Scouts, Girl Scouts, etc? We offer our building for rentals. Cost: \$25.00 for 3 hours.
 - **Car Seat Loan Program:** Geico Insurance has provided us with car seats that are available to loan for one month at no fee. The seats accommodate newborns to children up to 40 pounds.
 - **Operation Wheels:** Free Transportation service for active duty military or their dependents living on Fort Riley or in Junction City. This is available for those who do not have a vehicle or for those who do not drive. We will provide 4 round-trips per month at no charge to active duty or their dependents. The following locations are available for transportation:
 - Women Infants and Children (WIC), Bldg. 7264
 - Army Community Service (ACS), Bldg. 7264
 - Irwin Army Community Hospital (IACH), Bldg. 600
 - Self-Help, Bldg. 289
 - Post Chaplin Services
 - Respite Care at ASYMCA
 - Geary Community Hospital
 - Junction City Health Department
- Appointments: Please call 24 hours in advance at 762-4780 to schedule a pick-up.

For more information- call 238-2972, email asymca@nqks.com, or stop by at 111 East 16th Street, Junction City.

Thrift Shop

- Open: Tuesday, Wednesday, Thursday - 9:30am-2:30pm and the 1st Saturday each month - 10:00am-1:00pm
- Volunteers are always needed! For more information please call: 784-3874

Historical and Archaeological Society of Fort Riley (HASFR)

- It's not too late to become a member of H.A.S.F.R. From January 1-May31 2006, the cost of membership is only \$2.50 for yourself or your family. If you want to be a lifetime member, the cost is only \$25. Come and join us and share in all the excitement and fun. There's still a lot more to come before the end of the H.A.S.F.R. year (May 31).
- The HASFR has a new Docent Coordinator. If you are interested in becoming a Docent (a person who conducts tours through museums or art galleries) and working at the Custer House, please feel free to contact her at hasfrevents@hotmail.com or by calling 784-2277.
- The B Side of the Custer House underwent major renovations last year. If you've seen the before and after, I'm sure you will agree that the results are amazing. As a result though, the rental cost increased from \$25 to \$35 effective **August 2, 1005**. However, you can still pay only \$25 if you become at member of H.A.S.F.R. For more information, contact 717-3266 or hasfrevents@hotmail.com.
- **Historic Plaques:** Residents of historic quarters who wish to purchase a photograph of the quarters and a parchment listing the previous residents can place their order by email at hasfrevents@hotmail.com. Cost is \$10. Place your order at least 2 weeks prior to clearing quarters. This also makes a wonderful farewell gift! Arts & Crafts Shop will be more than happy to assist with the framing. If you are interested, please contact at 717-2892.
- Our e-mail address is: hasfrevents@hotmail.com. Feel free to write us any time. We'd love to hear your comments, suggestions, ideas of things the Historical Society can do/plan for the community. Better yet, think about becoming a member of the Society. We will soon be looking for new board members.

Enlisted Spouses' Club (ESC)

- What is ESC? The Enlisted Spouses Club is a service and social organization open to any active duty, retiree, reservist, or widowed spouse of a soldier E1-E9 who is looking to give back to the Ft. Riley community while making friends and having fun. Interested in becoming a member? Email escpresident@hotmail.com or call Jessica Gamez at 784-2575 or escpresident@hotmail.com.
- We will be having our annual Pamper Me Night on Thursday, March 30, 2006 at 6:30pm at Rally Point. It is open to **all** military spouses! The cost is \$10 per person, which covers the cost of the buffet and one door prize ticket. We will be having opportunity baskets to raffle off, too. Come out and get pampered! We will have local businesses our demonstrating ways to pamper you. Please contact 784-2575 to RSVP. We have limited tickets to the event.
- On Wednesday, April 26, 2006 at 6:30pm, we will be having our general membership meeting at the ASYMCA in Junction City. Following the business portion of the meeting we will be having a Volunteer Appreciation dinner. This is open to all. We will be recognizing the volunteers from ESC. We will also be collecting donations for the Red

Cross Baby Basket program. If you able to, please bring any of the following: onesies, bibs, receiving blankets, wash cloths, sleepers, and booties. Onsite childcare is available.

- We have free childcare for most of our events. To RSVP your slots, please contact 784-2980. You do not need shot records.

Fort Riley Combined Scholarship Committee

Officers' and Civilians' Spouses' Club (OCSC)

- OCSC will be holding their March event, 'Irish Luck of the Bowl', on March 16 at 11:30am at the Ft Riley Bowling Center.
- OCSC will be hosting a basket auction to raise funds for Fort Riley community charities. The event will be open to the public and will feature a live and silent auction, dinner, and a USO-style dance show. The event will be 7 April 2006 at 6:00pm at Riley's Conference Center. RSVP by 30 March to 784-8454 or reservations@fortrileyocsc.com
- **Spring Disbursement of Funds - Requests are being accepted through April 3, 2006**
 - Each request should include the following:
 - Name of organization
 - Point of contact (name and phone number)
 - Specific monetary amount required
 - How the donation will be used
 - Mission of organization
 - Requests coming from teachers should be consolidated and submitted by the principal or PTA representative of their respective schools. **All requests must be postmarked No Later Than April 3, 2006**. Send requests to: OCSC Attn: Community Assistance PO Box 2482 Ft. Riley, KS 66442. Please direct any questions to (785)784-2820
- **OCSC 2006-2007 Board** - Nominations are now being accepted for elected and appointed board positions. Visit the OCSC Website: <http://www.fortrileyocsc.com> to view the board positions and descriptions and to download nomination sheets E-mail your completed nomination sheets to the OCSC Parliamentarian.
- The slate of elected officers will be presented to the general membership at the March 16 luncheon, elections at the April 20 luncheon and installation at the May 18 luncheon. The slate for 2006-2007 committee chair people will be presented to the incoming president for appointment.
- If you aren't interested in being on the board but still want to be involved, the nominating committee needs 3 members to help put together the slate. There will be one meeting in late February/early March. If you have any questions or are interested in being on the nominating committee, please call Kristin at 461-5385

The Shoppe

- The Shoppe is now OPEN 6 days a week! The Shoppe is now open Monday-Friday 10:00am-2:00pm and Saturday 11:00am-3:00pm. If you still haven't visited The Shoppe you are missing out on a Fort Riley **must see!** The Shoppe adds new vendors monthly and Receives new inventory weekly. Check back for new and exciting changes every month!
- We are looking for volunteers to help cover work shifts during the week. This is a great way to meet people and help in the community. Childcare is reimbursed. Remember; once you work five times you will receive a gift certificate for \$25.00 to spend at The Shoppe!

Commissary

- **Scholarship applicants enter waiting period** – The Scholarships for Military Children application screening process is under way for thousands of students in the running for \$1500scholarships. Scholarship Managers, a professional scholarship management firm, is screening the applications. If you want to know that your application is among those being considered, look for the online application verification reply form that will be available on March 31 at www.militaryscholar.org, the Scholarships for Military Children Web site. Recipients will be notified by mail and the scholarship Web site will feature a list of recipients shortly after May 1. The program, which is administered by Fisher House Foundation and funded by manufacturers and suppliers of groceries and services in the commissary system, has awarded nearly \$4 million in scholarships to more than 2,400 students since the first awards in 2001. Donations from the public are also accepted at the official Web site.
- **Check your commissary for organics** – Organics are in and customers are demanding more. Customers in most large U.S. commissaries are finding a growing selection of organics. The larger stores have more than triple the organic items they had a year ago. Organic dairy products such as milk as well as cereals and even frozen pizzas and enchiladas are among top sellers. “Customers are demanding more organic products and we listen to what our customers want,” says Patrick B. Nixon, chief executive officer and acting director of DeCA. “Organic products are among the fastest growing categories in commissaries this year.” Organic products are generally located with their non-organic counterparts. Most products are easy to find as they are marked with small green shelf signs showing the organic emblem of the United States Department of Agriculture. That lets customers know what to look for on product packaging. Smaller commissaries and overseas stores have organic offerings based on space availability
- **Customers can help curb rising grocery bag costs** – Rising oil prices also mean rising costs for plastic bags at commissaries. As a result, the Defense Commissary Agency is requiring commissaries worldwide to eliminate double bagging unless a customer asks for it, and all commissaries located in the United States are being required to use paper bags everywhere except the express lane, unless customers specifically ask for plastic. “Our ‘Say No to Plastic’ emphasis earlier this year has helped greatly, and although we must hit this issue harder, our customers still come first,” said Scott Simpson, chief operating officer for DeCA. “Anyone who feels they need to have plastic bags or double bags will be accommodated. Our purpose is to control unnecessary costs, not inconvenience our customers.” Overseas commissaries will continue to use plastic bags. Due to the higher costs of shipping paper, plastic bags are still less expensive overseas.
- **Delegated Examining Unit(DEC)** - Has opened an announcement for Teller, GS-4, that will stay open all the time. This announcement is open to all US citizens and will used to fill teller vacancies in all locations. Like all of our announcements, it is posted on OPM’s web site at www.usajobs.opm.gov<<http://www.usajobs.opm.gov>> This announcement number is 524606.
- **May 2006 worldwide case lot sale time** Watch for case lot instruction in the month of April 2006. Commissary case lot sale shoppers get “bargains by the case” and savings of up to 50 percent off regular prices on popular items such as paper goods, beverages, and cleaning supplies; and even chill or meat items in some locations. Nearly all commissaries are holding a case lot sale sometime during May, but dates and times vary from location to location. You can find out when your commissary is holding its sale at our Web site’s case lot sale page http://www.commissaries.com/case_lot_sale.cfm. The

worldwide case lot sales events are held annually in May and September and commissary customers purchased over 1.4 million cases of product in the May sale.

- Visit DeCa on the Web at <http://www.commissaries.com>

Army and Air Force Exchange Services (AAFES)

The next Community Action Council will be held at
9:30am Wednesday, 15 March, 2006.
Riley's Conference Center
Fort Riley, Kansas
"America's Warfighting Center"

Announcements for the next "Riley Bugle Call" are due by noon, April 11, 2006, to Bldg. 7264, and 239-9435. Email to betsy.l.young@us.army.mil. The CAC is shown four times daily on Channel 2 for four days following the CAC. The times are 8:30am, 12:30pm, 6:30pm, and 10:30pm.

CAC SCHEDULE 2006

19 April	10:00am
<u>15 May</u>	<u>10:00am</u>
<u>13 June</u>	<u>10:00am</u>
<u>18 July</u>	<u>10:00am</u>
16 August	10:00am